

ABSTRACT

A method for the vacuum packaging of articles including at least the steps of:

creating a plurality of recesses in a backing board;
positioning at least one article on said backing board;
placing a film substantially over said at least one article; and
using a vacuum packaging machine to substantially package said at least one article, said at least one article being situated between the backing board and the film, wherein the thickness of the backing board is at least 2mm.

Also a packaged article, the article being packaged between a backing board and a film, wherein the backing board has a thickness of at least 2mm and the backing board further has a plurality of recesses therein.